Senior Programs - BLUE

https://nottinghamrec.recdesk.com/Community/Program

Kid Programs - RED

EVENTS & OUTINGS - PURPLE



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April 2018 Programs, Events and Outings

| S & OUTINGS - PURPLE | | @nottinghamrecreation | | | | |
|-------------------------------------|-------------------------|-----------------------|----------------------|----------------|--|------------------------------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| | 7am Bettys Gym | 9am Pickleball | 7am Bettys Gym | 9am Pickleball | 7am Bettys Gym | 7am Bettys Gym |
| | 9am Toddler Tumble | | 5pm Martial Arts | 6pm Zumba | | |
| | 5:30pm Martial Arts | | | | | |
| | 6:00pm Line Dancing OTH | | | | | |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 10:30am Family Day Out @ Celtics | 7am Bettys Gym | 9am Pickleball | 7am Bettys Gym | 9am Pickleball | 7am Bettys Gym | 7:30am Bettys Gym |
| | 9am Toddler Tumble | | 5pm Martial Arts | 6pm Zumba | | 9am Pickleball |
| | 5:30pm Martial Arts | | | | | |
| | 6pm Line Dancing OTH | | | | | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| | 7am Bettys Gym | 9am Pickleball | 7am Bettys Gym | 9am Pickleball | 7am Bettys Gym | 7:30am Bettys Gym |
| | 9am Toddler Tumble | | 12pm Senior Luncheon | 6pm Zumba | | 9am Pickleball |
| | 2pm Blood Drive Kitchen | | 5pm Martial Arts | | | 12pm SUMMER CAMP |
| | 5:30pm Martial Arts | | | | | INFO SESSION @ |
| | 6pm Line Dancing OTH | | | | | NOTTINGHAM SCHOOL CAFETERIA! |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| | 7am Bettys GYM | | 7am Bettys Gym | 6pm ZUMBA | 7am Bettys Gym | 7:30am Bettys Gym |
| | 5:30pm Martial Arts | | 5pm Martial Arts Gym | | | 9am Pickleball |
| | 6pm Line Dancing OTH | \ \ADDII | VACATION | | | |
| | ← | APNII | VACATIOI | CAIVIP _ | | |
| 29 | 30 | | | | | |
| | 7am Bettys Gym | | | | | |
| | 9am Toddler Tumble | | | | | |
| | 5:30pm Martial Arts | | | | | |
| | 6pm Line Dancing OTH | | | | | |

Email: recreation2@nottingham-nh.gov

Phone: 603-679-3435

Address: 139 Stage Rd. Nottingham, NH 03290

Program & Event Descriptions

<u>Line Dancing:</u> Come join us at the Old Town Hall as we enjoy music from now to the oldies and get our bodies moving through dance. This is open to adults who are new to line dancing all the way to experienced. Classes are on Mondays from 6-7pm for beginners and 7-8pm for experienced. You are welcome to come to both! Cost is \$7 for 1 class or \$8 for both classes.

<u>Tumble & Rumble:</u> This 2 hour open gym is for newborns to 6 years old. It's a open gym concept that will have toddler gym equipment for kids to jump and climb on! The gym is open from 9am-11am and all children are required to have a adult with them. Cost is a \$2 drop in fee or

\$20 for a 10 gym punch card.

Zumba: We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Our Spring Session is 8 Weeks long \$5 drop in for each class. Registration is closed but



you can still do drop in for the rest of the Spring Session Classes.

<u>Bettys Gym:</u> This is a open gym with local women in Nottingham. If you are looking to join please contact Rhoda Capron at rhoda0607dc@gmail.com.

<u>Pickle ball Open Gym:</u> For All Levels - Set up and Break Down Done by Participants \$2.00 Drop in Fee at the Community Center Gym. Check out our community calendar to see all dates and times.

SUMMER CAMP PARENT INFO SESSION

This year for the first time we are going to be having a parent information session. This is a opportunity for parents to come and ask us questions, for you to register for camp, new camps we will be offering, activities we will have and new things coming up this year.

This meeting will be held at the Nottingham School Cafeteria on April 21st from noon to 2pm.

This is for parents with kids going into 1st-9th grade next year.

We encourage new and recurring parents to come in and get to know some staff members and see what's new this year.

This is not a time for complaints. If you have any concerns please email Samantha Beaudoin the Camps Director at recreation2@nottingham-nh.gov.

LOOKING FORWARD

May 12th: NOTTINGHAM EARTH DAY FESTIVAL!

SAVE THE BEES 5K

FISHING DERBY!!!







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